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ಹಿಇಎಸ್ ಇನ್‌ಸ್ಟಿಟ್ಯೂಟ್ ಆಫ್ ಅಡ್ವಾನ್ಸೆಡ್ ಮ್ಯಾನೇಜ್‌ಮೆಂಟ್ ಸ್ಟಡೀಸ್  
(ಒಂದು ವಿಶ್ವವಿದ್ಯಾಲಯದ ಸಂಯೋಜನೆಯಲ್ಲಿ ಮತ್ತು ಕರ್ನಾಟಕ ಸರ್ಕಾರದ ಪಾಪ್ಪಣೆ ಪಡೆದಿದೆ)  
ಎನ್ ಹೆಚ್ 206, ಸಾಗರ ರಸ್ತೆ, ಶಿವಮೊಗ್ಗ - 577 204 (ಕರ್ನಾಟಕ)

**PES Institute of Advanced Management Studies**

(Affiliated to Kuvempu University, Recognized by Govt. of Karnataka)  
N H-206, Sagar Road, Shivamogga - 577 204 (Karnataka)



Date: 18-02-2020

## Report of Guest talk on

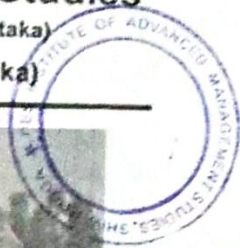
### Importance of Healthy Diet for Youth

A Guest Talk on 'Importance of Healthy Diet for Youth' was organized by PESIAMS on 18.02.2020 for the UG and PG students of Commerce and Management in order to educate them about the importance of healthy eating habits to lead a healthy and successful life.

Dr. Vijay Singh C, Sahyadri Health Care and Diagnostic Centre, Bangalore was invited as the resource person to deliver the speech on the decided topic. In his speech, he said that eating healthy is an important part of a healthy lifestyle and is something that should be taught at a young age.

The following are some general guidelines for helping your adolescent eat healthy which were talked about during the session:

1. Eat 3 meals a day, with healthy snacks.
2. Increase fibre in the diet and decrease the use of salt.
3. Drink water. Try to avoid drinks that are high in sugar. Fruit juice can have a lot of calories, so limit your adolescent's intake. Whole fruit is always a better choice.
4. Eat balanced meals.
5. When cooking for your adolescent, try to bake or broil instead of fry.
6. Make sure your adolescent watches (and decreases, if necessary) his or her sugar intake.
7. Eat fruit or vegetables for a snack.
8. Decrease the use of butter and heavy gravies.



After hearing to the intellectual words of the invitee, students interacted with the resource person and could realize the importance of the role of healthy diet at young age. The Principal and all the teaching fraternity along with students were benefitted of this guest talk.

**Principal**  
**Principal**

PES Institute of Advanced Management Studies

NH 206, Sagar Road

SHIVAMOGGA-577 204.





**List of Students (M.Com) Participated in program 2019-2020**

Sl. No	Name of the Student	Sl. No	Name of the Student
1	ASIFA KHANUM	31	ANANDA N
2	KANCHANA K	32	ESHWAR M PATEL
3	POOJA S	33	KARTHIK C M
4	SAMANTHA P R	34	NISCHITH S.P
5	SUMA B.Y	35	SANJAY C
6	SUSHMA S.V	36	SHIVAKUMARA A S
7	USHA H.T	37	SUHAS G
8	VARSHITHA S.P	38	NETHRAVATHI B N
9	ARPITHA L	39	CHETHAN R
10	RAKESH U	40	IMTIYAZ AHMED
11	ARCHANA M NAYAK	41	MADAN B K
12	RAKSHITHA N S		
13	SAVYA D.S		
14	SHWETHA S GULGULE		
15	ASHWINI P		
16	CHANDANA G.P		
17	CHANDANA JADAV		
18	LEKHA P K		
19	MISBA TAJ		
20	SNEHA R CHAUHAN		
21	SOWMYA A.S		
22	SWATHI R		
23	SYEDA KAUNAIN		
24	TASMIYA KOUNAIN		
25	UMME HANI		
26	SHAZIA BANU		
27	SHUBHA G S		
28	SABIRA		
29	SWATHI B J		
30	AISHWARYA S		

*Xst*  
Principal

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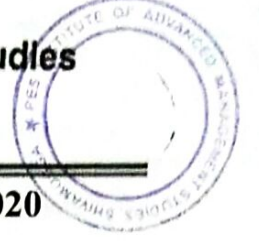
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**List of Students (III BBA) Participated in program 2019-2020**

Sl. No	Name of the Student	Sl. No	Name of the Student
42	SONIYA R	73	ROHAN B Y
43	ARCHANA G N	74	SYED TOUSIF
44	CHINTANA N	75	MAHAMAD KAIF
45	AFIYA	76	SATHVIK B.S
46	BHUMIKA N.E	77	PREETHAM R B
47	CHANDANA V	78	MOHAMMED IBRAHIM
48	KAVYA T.S	79	ANKITH S M
49	KUSHI PRAKASH BALIGAR	80	GOWRISHANKAR Y N
50	MADHU DYAVAKKALAVAR	81	GURUSWAMY H.R
51	POOJA T S	82	PAVAN M
52	SAFIYA NOORAIN S	83	SANJAY GAIKWAD D
53	SUMANA NAZ	84	SYED ARBAZ
54	ADITI DRAVID	85	NITEESH GOWDA M M
55	SAHANA P	86	FARAZ ANWAR
56	RASHMI N	87	VISHWAS H M
57	CHARAN K G	88	SHAIK SUHEL AKRAM
58	CHIRAG J JAIN	89	BHUVAN R.P GINGADE
59	CHIRAG U JAIN	90	RANJITH REDDY T R
60	HEMANTH JADHAV C	91	ABHISHEK B S
61	SUMITH S JAIN	92	ABDUL SATTAR
62	SHIVRAJ K R	93	VIKAS H M
63	PRATHEEK K	94	GOWTHAM K
64	MURUGENDRA KUMAR B	95	PRAMOD DRAVID N H
65	DARSHAN N R	96	SHASHANK N DASAR
66	AMOGHA T.K		
67	DARSHAN B		
68	SWAMY A.B		
69	SYED SALMAN		
70	LOHITH H K		
71	KRISHNA JETTY R		
72	DHRUVAN D		
73	MOHAMMED ARFAD		

  
Principal



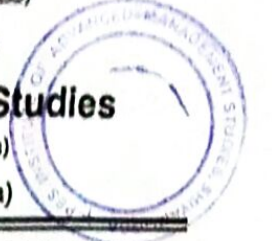
**List of Students (III B.Com) Participated in program 2019-2020**

Sl. No	Name of the Student
97	VARUN D H
98	MOHAN R
99	YASHWANTH C R
100	JATHIN KUMAR JAIN
101	GANESH K P
102	ASTHIK S
103	NITHIN M.C
104	MANOHAR K S
105	SHARATH K
106	MURALI G
107	SANATH K M
108	MALLIKARJUNA M
109	SHAMANTH B N
110	SANJAY M M
111	SYED AJMAL
112	ADARSH B
113	MOHAMMED MASOOD
114	SACHIN M M
115	SHOIB AKTHAR
116	ABHISHEK V K
117	SHARATH PATIL N.G
118	MOHAMMED SHAHID
119	VISHAL K
120	SHOIB AKTHAR

  
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**List of Students (I Semester B.Com) Participated in program 2019-2020**

Sl. No	Name of the Student	Sl. No	Name of the Student
121	AASTHA JAIN	149	SUMA RAO D M
122	PREKSHA A JAIN	150	HARSHITHA M.S
123	VASUKI S KULKARNI	151	SUSHMITHA M.P
124	IFRA FATHIMA	152	ZAIN SAKEENA
125	JESLINE FERNANDES	153	RADHIKA K.S
126	ANUSHA A.C	154	KRUTHIKA R
127	JYOTHI B.A	155	UMA RAO D.M
128	KAVYASHRI M	156	SHREYANS R JAIN
129	NAGAVENI K.R	157	RITHIK D JAIN
130	NANDITHA B	158	SHREYANS KOTHARI
131	PALLAVI M	159	RISHAB KUMAR JAIN
132	POOJA G.R	160	NAMAN J JIRAWALA
133	POOJA N	161	HARSHA P
134	PRIYANKA A.Y	162	NARAYAN RAM PATEL
135	RANJITHA R.N	163	VISHNU VIJAY T.M
136	SAHANA S	164	RAKSHIT M SHET
137	SHIFANAZ	165	HARSHA M.N
138	SHRUSTI S	166	ABDULLA S ABDUL KAREEM
139	SINDHU M.S	167	IBRAHIM KHALEEL
140	SUFIYAZ	168	FAIZAN PASHA
141	SUSHMA RANI M.M	169	SANJEEVAPPA B
142	JEEVITHA R	170	SUHAIL KHAN
143	USHA J	171	SWASTHIK H.M
144	POOJA V.R	172	VEDAMURTHY C.M
145	ANUSHASHREE M	173	PRAFULKUMAR M KAJAGAR
146	KRUTHIKA S KALYANI	174	GANESH D.K
147	SINDHU T.M	175	DHANUSH G.N

  
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**List of Students (I Semester BCA and B.Sc) Participated in program 2019-2020**

Sl. No	Name of the Student	Sl. No.	Name of the Student
176	ARBIYA	206	MEGHANA G
177	BHOOMIKA G.S	207	MANASA K.C
178	CHANDANA C	208	PRIYANKA M.T
179	HARSHINI M PATIL	209	RAKSHITHA A.U
180	HUSNA SANIYAN	210	NANDANA G.R
181	LILIAN RAMOLA	211	PREETHI T.R
182	NASEEBA KHANUM	212	JAYALAKSHMI S
183	NAVYA D	213	PRATHIKSHA M NOOLEE
184	PRAJWALA K.S	214	BHAGEERATHI T
185	SANKALPA K	215	SAFRIN BANU
186	SINCHANA M SHET	216	SNEHA S
187	YASHASWINI S	217	SADIYA FATHIMA
188	ABHISHEK G	218	SAMIYA KHANUM A
189	GOWTHAM S.R	219	ADITHYA D.G
190	HARISH Y	220	CHINTAN S.U
191	MITHUN G.U	221	MANOJ RAMACHANDRA HEGDE
192	PAVAN R	222	PADMANABHA M SHANBHAG
193	PAVANKUMAR K.T	223	RAGHURAM A.P
194	PRAJWAL SINGH G	224	SHYLESH SHENOY
195	SAMEER MUSAVEER	225	KIRANKUMAR THORATH K
196	VYSHAK HARISH REVANKAR	226	MOHAMMED SAMEER SULTHAN
197	HEMANTH D.G	227	MANOHAR V
198	ANKITH H.D	228	ESHANULLA KHAN
199	ADITHYA T.B	229	KARAN S.N
200	RAJATH H	230	LINGARAJU M.P
201	MOHAMMED SALIM SUHAIL	231	PAVAN KUMAR H.M
202	AARON KUMAR MABEN	232	RAZIQA PASHA
203	HARSHITH S.R	233	MALLIKARJUN T.R

233 students of B.com / BBA / BCA & M.Com have participated in the above invited talk.

*[Signature]*  
Principal

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